



CATFISH STRIPS, BREADED, FROZEN

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Code: A752

PRODUCT DESCRIPTION

- Catfish strips are breaded, partially fried, frozen catfish that is ready-to-eat after heating.

PACK/YIELD

- Catfish strips are packed in 2-pound packages, which is about 16 servings (about 2 strips each) of cooked fish.

STORAGE

- Keep catfish strips frozen until ready to use.
- After cooking, store any leftover catfish strips in the refrigerator and use within 3 to 4 days.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Preheat oven. Arrange frozen catfish strips on a baking sheet.
- Bake at 400 degrees F for 8 to 10 minutes or until the fish flakes when tested with a fork and strips are heated thoroughly.

USES AND TIPS

- Catfish strips are a delicious part of a meal when paired with steamed rice or vegetables.
- Catfish strips can be served as an entrée with ketchup, mustard, light mayonnaise, or cocktail sauce.
- Try making a sandwich with catfish strips, lettuce, tomato, and mustard or ketchup on a whole wheat roll or bun.
- Catfish strips make a simple and tasty appetizer. Serve with low-fat dips like low-fat sour cream, salsa, or tomato sauce.
- Serve catfish strips on top of a salad, or roll up in a tortilla with lettuce, salsa, and low-fat sour cream to make fajitas.

NUTRITION INFORMATION

- 3 ounces of cooked catfish strips counts as 1 ounce in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving of meat is about 3 ounces.

FOOD SAFETY INFORMATION

- Do not defrost catfish strips before you heat them. Put frozen strips on a baking sheet.
- Always make sure catfish strips are heated thoroughly before eating.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 3 strips (85g) cooked catfish strips

Amount Per Serving

Calories	200	Calories from Fat	100
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% Daily Value*	
Total Fat 11g	18%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 240mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 15g	

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet.

CATFISH SANDWICHES**MAKES ABOUT 2 SERVINGS****Ingredients**

- 6 strips frozen catfish strips
- 2 sandwich rolls, sliced in half lengthwise
- 4 teaspoons light mayonnaise
- 4 slices tomato
- 4 lettuce leaves
- 2 slices onion

Directions

1. Preheat oven to 400 degrees F.
2. Place the catfish strips on a baking sheet. Bake for 8 to 10 minutes or until cooked through.
3. Spread 2 teaspoons mayonnaise on each roll. Place 3 catfish strips on top of each roll.
4. Top each sandwich with 2 slices tomato, 2 lettuce leaves, and 1 slice onion.

Nutrition Information for 1 serving (1 sandwich) of Catfish Sandwiches					
Calories	330	Cholesterol	60 mg	Sugar	3 g
Calories from Fat	150	Sodium	560 mg	Protein	19 g
Total Fat	17 g	Total Carbohydrate	25 g	Vitamin A	197 RAE
Saturated Fat	3 g	Dietary Fiber	3 g	Vitamin C	20 mg
				Calcium	90 mg
				Iron	3 mg

*Recipe adapted from Recipezaar.com.***CATFISH STRIP CASSEROLE****MAKES ABOUT 6 SERVINGS****Ingredients**

- Nonstick cooking spray
- 1 large potato, peeled and shredded
- 4 eggs
- 2 cups low-fat milk
- 1 tablespoon onion powder
- ½ teaspoon black pepper
- ¾ cup shredded reduced fat cheddar cheese
- 12 catfish strips
- Lemon juice, to taste

Directions

1. Preheat oven to 350 degrees F. Coat a 9x9-inch baking dish with nonstick cooking spray.
2. In a large bowl, beat eggs and milk. Stir in onion powder and pepper.
3. Stir in potatoes and cheese, and spread into pan.
4. Arrange catfish strips on top of potato mixture.
5. Bake for 50 minutes or until top is golden brown and fish flakes with a fork.
6. Let stand for 5 minutes before cutting.

Nutrition Information for 1 serving (about 1 cup) of Catfish Strip Casserole					
Calories	300	Cholesterol	190 mg	Sugar	6 g
Calories from Fat	130	Sodium	400 mg	Protein	22 g
Total Fat	15 g	Total Carbohydrate	21 g	Vitamin A	126 RAE
Saturated Fat	5 g	Dietary Fiber	1 g	Vitamin C	4 mg
				Calcium	274 mg
				Iron	2 mg

Recipe adapted from Recipezaar.com.